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ENVIRONMENT

ONTARIO ADVISORY COUNCIL ON WOMEN'S ISSUES



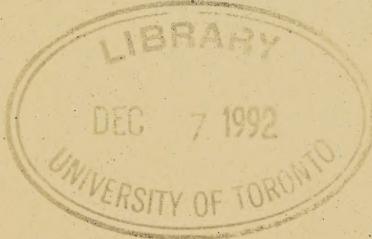


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Action on Issues

WOMEN & THE ENVIRONMENT



Presented by the Ontario Advisory Council on Women's Issues
October 1990

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The Ontario Advisory Council on Women's Issues was established in 1973 by
Order-In-Council.

Council's mandate is to advise Ontario's government on matters pertaining to the achievement of economic, social, and legal equality for women through the Minister Responsible for Women's Issues; to respond to requests for advice and consultation from the Minister Responsible for Women's Issues; to hold public meetings with the purpose of stimulating public discussion and accessing the opinions of women, particularly in regions throughout Ontario; to identify specific areas requiring the attention of government and to recommend legislation and program changes.

There are 15 members, including a President and Vice-President, all of whom are appointed by Cabinet on a part-time basis for three year terms.

The Advisory Council on Women's Issues would like to thank the following people who very kindly lent their expertise in the writing of this book:

Dr. Rosalie Bertell, Mikell Billoki, Betsy Carr, Karen Giles, Anne Hansen, Helen MacDonald, Irene Kock, Elizabeth May, Anne Rochon Ford, Dorothy Goldin Rosenberg, Carolynne Siller, Bernadette Vallely, Miriam Wyman and Brian Elston

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Introduction

In her 1962 book, *Silent Spring*, Rachel Carson described the damage that pesticides, in particular DDT, were doing to our ecological balance. Although DDT has been banned in North America, it has been replaced with countless other pesticides and chemicals that may be even more devastating to our environment.

New chemical compounds are being introduced at a staggering rate. During the past decade, approximately 1500 new chemical compounds have been submitted for registration each year in the United States alone,¹ even though we don't understand the impact of existing chemicals on our environment. Deadly bi-products of industrial processes, such as dioxins and furans, are polluting our air and water.

According to the World Wildlife Fund, we are destroying species without even beginning to understand the role that they might play in the global ecological balance. In June 1990, The World Resources Institute in Washington, D.C., published a report entitled *World Resources 1990-91* which stated that we are losing our forests at a rate 50% greater than previously estimated. This translates into a loss of 1.5 acres per second, or the equivalent area of 129,600 football fields per day.

Our increasing fossil fuel consumption is creating a build up of gases in our atmosphere that threatens to drastically alter our global climate. Nuclear power plants continue to supply our ever increasing demand for electricity, even though we have not yet found a way to safely dispose of their deadly radioactive wastes.² And we haven't seriously thought about the possible combined effect of all these pollutants on our own health, and the health of the planet.

The technological explosion that began at the end of the Second World War has enabled us to chemically alter the water we drink, the food we eat, and the air we breathe. An entire generation has grown up enjoying a period of materialism and comfort unprecedented in human history. But there has been little regard for the impact of this lifestyle on the environment.

We are beginning to understand that we cannot continue to despoil our planet without dire consequences. An environmental consciousness, sparked by Rachel Carson almost thirty years ago, is re-emerging. Numerous polls indicate that the majority of Canadians are concerned about the environment.³ Throughout the world, individuals, organizations, and governments are working to help solve the many environmental problems plaguing the planet.

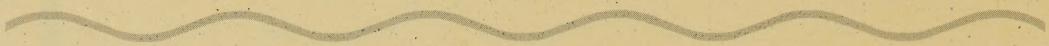
*The
earth
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crisis ...*



1 C.E. Capes, National Research Council, private conversation, June 12, 1990

2 *The Eleventh Hour*, Report of the Standing Committee on Environment and Forestry, January 1988

3 John Wright, Vice-president, Angus Reid Group; private conversation, June 12, 1990g





How To Use This BOOKLET

This booklet is a working tool for women. It provides information on what women can do to effect significant change. It contains a number of different sections: the introduction, a look at why the environment is a woman's issue, how women can change things in the workplace, the home and in the community. A list of environmental groups in Ontario is included, along with information on how to set up your own group. An extensive Resources section starting on page 36 provides information about organizing special events, how to use the media, and a bibliography, including related periodicals. Technical terms used throughout this publication are defined in the Glossary on page 40.

Why Women and the Environment

If the environment concerns everyone, why a booklet specifically about women and the environment?

Women's concern for the natural environment is rooted in our concern for the health and well being of our family and community. As Women for Life on Earth wrote: Because we have traditionally been mother, nurse and guardian for the home and community, women have been quick to perceive the threat to the health and lives of our families and neighbours that is posed by nuclear power proliferation, polluted waters and toxic chemicals.⁴

On a practical, economic level, women are the primary purchasers of consumer goods. By making careful, knowledgeable decisions about the environmental impact of our purchased goods, we take on a position of power. We can use this power to help stop the destruction and exploitation of the planet.

Some environmental problems are specifically women's issues. Two examples are pesticides in breast milk, and chemicals used in the manufacture of sanitary products. You will learn more about these two concerns as you continue to read this book.

Women are also the lifegivers. In a Third World country like Africa, their role is even more connected to the environment because women are traditionally responsible for hauling water, finding fuel wood, building materials, fodder and fertilizer. Development strategies have forced women to travel longer distances to their fields and to work harder because of severe soil erosion and low fertility.⁵

Finally, on the most fundamental level, the environment is a women's issue because women inhabit the earth, and are in part responsible for its survival.

It is no accident, therefore, that women are the leaders of the global environmental movement. In the past several years, women around the world have led the fight to protect the environment on a number of fronts.

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*"Clean up the earth.
If women don't think this is a women's issue, they're mistaken.
No environment, no food, no money."*

Margaret Atwood

4 Reclaim the Earth, *Women speak out for Life on Earth*, Léonie Caldecott and Stephanie Leland, Editors, The Women's Press, 1983.

5 Match News, Summer 1990, "Women, the Environment and the Struggle Against Patriarchy", Galey, Maarshy, Parikh.

Making a Difference In The World

Building a Sustainable Future:

ONE WOMAN'S VISION

Gro Harlem Brundtland, former Prime Minister of Norway, chaired the (1983) World Commission on Environment and Development. The Commission's 1987 report contained a key recommendation which has become the basis for the environmental movement. This is the notion of "sustainable development" - a recognition that our continuing need for growth must be done in harmony with our environment, and without jeopardizing the welfare of future generations.

THE LOVE CANAL

Twelve years ago, a group of housewives in Niagara Falls, New York began asking questions about the health of their children. Many children had suffered from birth defects such as cleft palates, deformed ears and teeth, and retardation. It was discovered that their community had been built around an abandoned canal which previously had housed 21,800 tons of chemical waste. A local elementary school had been built on the site. A group of women took on the local authorities and demanded action. Eventually, the entire community was evacuated. The ultimate result of their actions was the establishment of

a national fund to help American communities like the Love Canal. Known as the Superfund, its purpose is to provide funding to clean up the most seriously polluted areas throughout the United States.

THE WOMEN'S ENVIRONMENTAL NETWORK

In 1988, The Women's Environmental Network (WEN) in England began a campaign to stop the chlorine bleaching process in Britain's pulp and paper industry. When Bernadette Vallely, executive director of WEN, first began investigating the link between chlorine bleaching, dioxins and furans, she was told by a pulp company executive that she had nothing to worry about, since no one in England knew about dioxins. Less than six weeks after launching the campaign, every major pulp and paper manufacturer in England had agreed to stop using the chlorine bleaching process.

TREE HUGGING IN INDIA

Faced with the chain saws of overambitious commercial loggers threatening to fell more than 2,500 trees, the women in one village of Uttar Pradesh surrounded the trees in an embrace which could not be broken. "Brother," one of the women said to a logger, "this forest is our

mother's home. Do not axe it. Landslides will ruin our homes and fields." The women stood firm and forced the men to leave. The government of the

province subsequently declared the forest a sensitive area and banned tree-felling for ten years.

Where do we stand?

In Canada, the Angus Reid Group conducted an extensive survey of public opinion concerning the environment in 1989. Overall, women tend to be more active about their concern, and more willing to become involved. Men are generally more optimistic, and have a tendency to be more passive in their involvement.

Canadians and the Environment (Angus Reid Group, 1989)

	WOMEN	MEN
ACTIVISTS	18% of total	56%
ENTHUSIASTS	9	47
ANXIOUS	15	61
PRIVILEGED OPTIMISTS (affluent)	20	44
FATALISTS	13	49
APATHETIC	14	62
HOSTILE	11	37
	100	

According to John Wright, Vice-president of The Angus Reid Group, the "Activists" are working to clean up the environment. This group is dominated by women in their thirties, who have some form of post secondary education. While they support aggressive legislation to control pollution, their economic situation prohibits making significant financial contributions to the clean up process.

The 61% of women who are "Anxious" about the environment are characterized as being older, with little education and low family income. While they support tough measures to clean up pollution, they don't have the confidence or the information to take action.

Women also constitute 62% of the "Apathetic" category. This group is characterized by age, lack of education and financial resources. These women are too concerned with meeting their family's basic needs to worry about the environment. They are not supportive of tough measures.

Canadian Women: ON THE FOREFRONT

In Canada, women have led the way in the environmental movement. The National Council of Women was one of the first groups to request federal action on acid rain. The environment has become the ongoing theme of The Federated Women's Institutes of Canada until 1997.



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Dr. Rosalie Bertell, a scientist, mathematician and author, has worked for 20 years in the field of environmental health.

Dr. Bertell addressed the first Women and Environments Conference in Toronto, May, 1990. The conference was sponsored by the WEED (Women and Environments Education and Development) Foundation, and brought together 200 women from Canada and around the world to talk about their work in the environment.

Women in Canada and around the world have been responsible for a great many environmental accomplishments, but we don't have to become tree huggers to help protect the environment. We can change our shopping habits, clean with non-toxic agents, and reduce our waste by recycling and reusing. We can ensure that our children grow up with a sense of responsibility for this planet by setting an example for them.

Women have been responsible for a great many accomplishments: the right to vote, pay equity, affirmative action, acknowledgement and action on issues of family violence and sexual assault. These accomplishments were achieved because women were willing to picket the legislature, write their elected officials, and organize into local groups.

We can do no less for the environment.



"If there must be a war, let the weapons be your healing hands. The hands of the world's women in defense of the environment. Let your call be a song for the earth."

(Mostafa Tolba, Director,
United Nations, 1985)

What Is Ecofeminism?



The word "ecofeminism" was coined in 1974 by author Francoise d'Eaubonne in her book *Le féminisme ou la mort*. Since then, the word has been associated with the struggle against the oppression of women and natural environments.⁶

Ecofeminism is a combination of the words "ecology" and "feminism". Ecology focuses on natural systems and the relationship between nature and humans. Theoretically, this relationship should be in harmony, balanced, even equal. Feminism has at the very root of its philosophy the notion of equality, which implies balance.

Ecofeminism is the understanding that there are common features in the control and exploitation of women and nature in male-dominated cultures around the world. Understanding the common features is the key to stopping the exploitation.

On a more fundamental level, ecofeminism reflects a feeling experienced by many women that they are somehow intimately connected to and part of the earth. Feminism has increased women's self-awareness and propelled them to take action on issues that concern them. It is a logical progression for women to be interested in environmental issues directly affecting them and to become more personally interested in the earth's well being.

In general, ecofeminism stresses:

Holism which is defined as a theory that the universe, and especially living things, should be viewed together as a single unit, with no one part more important than the other;

Interdependence – that all living things are an essential part of the earth, and that human beings are not separate or superior;

Equality which emphasizes that each element in our planet has a unique role, function and value; and

Process, a belief that the method used to achieve an objective is at least as important as its goal.

These four beliefs promote a re-affirmation of female consciousness or awareness. Ecofeminists take these theories one step further by maintaining that women are generally more aware than men of the natural world and have, therefore, a vital role to play in rescuing the environment.

⁶ Davies, 1988, p. 4.

In the Workplace

The fact that the majority of Canadian women now work outside the home provides us with an opportunity to make a major difference in the workplace.

Changing the Corporate Image

In the past few years, we have been overwhelmed by advertising hype that attempts to convince us that big corporations are really turning "green". Unfortunately, most corporations have missed the point. Being "green" doesn't mean relabelling an old product simply because the packaging has been minimized or the ingredients have been altered.

What being "green" does mean is completely rethinking the necessity for a product in the first place. It means having the courage to declare a product "environmentally obsolete" if its harmful effects outweigh its benefits. (Case in point, disposable diapers.)

Manufacturers must begin to consider the entire life cycle, or "cradle to grave" impact on the environment. Does it use non-renewable resources, are the raw materials part of an essential ecosystem, does the manufacturing process create dangerous bi-products, does the product endure, does the packaging create a disposal problem, and finally, is the product even necessary?

On a human level, to be green, all companies must learn to provide healthy environments for their employees, and practice environmentally sound procedures within the company.

The Body Shop: One Woman's Example

Anita Roddick's story is an excellent example of success within the marketplace, without conforming to existing corporate standards. Her strategy for building a multi-national corporation while maintaining personal, corporate, environmental, and employee integrity provides a good model for other women to follow.

Anita's story began in 1976 when she opened a small store called The Body Shop that sold herbal skin preparations. Ms. Roddick's original premise was that cosmetics could be stripped of their hype and packaging factors which greatly inflate their cost.

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The concept was a success right from the start, and customers were encouraged to bring back empty bottles for refilling and minimizing waste.

Since its beginning, the company has operated with a non-exploiting approach to the world. It doesn't sell products which will:

- consume a disproportionate amount of energy during manufacture or disposal.
- cause unnecessary waste.
- use materials derived from threatened species or from threatened environments.
- involve cruelty to animals.
- adversely affect other countries, particularly in the Third World.

Company policy extends to the stores themselves. Only wood that comes from sustainably managed sources is permitted in construction, which excludes all tropical hardwoods. CFC blown foams are prohibited in insulation. Store air-conditioning systems are regularly checked for CFC leaks. Energy-efficient lighting is used within the stores.

The Canadian operation began in 1980 and has expanded to over 75 stores. Most of these stores are franchises owned and operated by women.

In 1986, The Body Shop Environmental Projects Department was formed to initiate environmental and community projects. Each store also donates 16 hours of community work each month to particular projects.

Anita Roddick's corporate success is an example of how concern for the environment can be integrated into all aspects of business. We don't have to be company presidents to make significant changes. There are a number of things that we can all do to help protect the environment.



Set Up a White Paper Recycling Program

FACT:

It takes 19 trees to make a tonne of paper, and 2 1/2 cubic metres of landfill to dispose of it.

FACT:

Recycled paper requires 64% less energy to make and produces 60% less air and water pollution than paper made from virgin material. (Source: *Your Office Paper Recycling Guide*, T.R.A.C. and Metro Toronto Works Department)

According to the Ontario Environment Ministry, of the approximately 8,600,000 tonnes of urban solid waste generated annually, more than 300,000 tonnes comes from office buildings. Of this amount, approximately 100,000 tonnes is valuable paper that could be separated and recycled.

Recycling office paper makes good economic sense. Companies with successful waste paper recycling programs can enjoy lower waste disposal costs, and can actually generate revenue from the sale of the recovered paper.

Establishing a successful office waste paper program takes careful organization and planning. The complete guide for establishing a program, *Guide for Implementing an Office Waste Recovery Project*, is available from Ontario's Environment Ministry, Waste Management Branch, 40 St. Clair Avenue West, 5th Floor, Toronto, Ontario, M4V 1P5.

If you live in the Metropolitan Toronto area, contact the Metro Works Department and ask for a copy of *Your Office Paper Recycling Guide*. This guide suggests a number of other ways that you can reduce paper consumption in your place of business:

- 1** Keep memos and letters to one page.
- 2** Make double-sided photocopies.
- 3** Circulate one copy of a memo with a routing slip, rather than making a copy for everyone on the distribution list.
- 4** Use the back of envelopes, old memos, etc., as scratch paper.
- 5** Periodically check distribution lists to ensure that everyone on the lists still requires the information.

Purchase Recycled Paper

Contact your purchasing department or buyer and ask them to consider buying letterhead, envelopes, business cards, order forms, and computer paper made from recycled paper.

For information about where to purchase recycled paper products, write the Recycling Council of Ontario, 489 College, Suite 504, Toronto, Ontario, M6G 1A5.

Minimize Hazardous Waste in the Workplace

FACT:

More than 16,000 companies in Ontario generate industrial hazardous waste. (Source: Ontario Waste Management Corporation)

Encourage company managers to manage your company's wastes responsibly. The Ontario Waste Management Corporation (OWMC) has a waste reduction program designed to encourage reduction of industrial wastes through use of the 3 R's: reduce, recycle, and reuse. An OWMC specialist will visit your company and help find better ways to manage industrial wastes.

For further information contact: The Ontario Waste Management Corporation; 2 Bloor Street West, 11th Floor, Toronto, Ontario M4W 3E2; in Toronto 923-2918; outside Toronto call toll free 1-800-268-1178.

In addition, OWMC is participating in a joint waste exchange program with The Ontario Ministry of the Environment and ORTECH International. The program is designed to help companies find users for industrial wastes.

For further information contact: The Ontario Waste Exchange c/o ORTECH International; 2395 Speakman Drive; Mississauga, Ontario, L5K 1B3; (416) 822-4111

Set Up a Company Blue Box

If you work in a large building, find out from your waste contractor if they are prepared to accept recyclable materials such as pop cans and bottles. If not, you may want to set up your own office recycling program. If you live in a community that has curbside residential pick-up, ask your co-workers if they would agree to take turns carrying collected recyclables home.

Individual ACTION

- *Pack your own lunch* putting your beverage in a reusable flask, or recyclable container.
- *Car pool.* If no one in your office lives in your immediate area, see if anyone in your neighbourhood works near you.
- *Lug-a-Mug.* Keep an old coffee cup in your briefcase or desk, and use it instead of a disposable cup.
- *Set up a company challenge* such as car pooling, or bringing garbageless lunches. Include a target time period, winner's cash pot and donate it to the winner's favourite environmental group.
- *Encourage company officials to think "green".*

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Introduction

Ultimately, our environmental concern is founded in a regard for our health, and for the health and safety of our children. But when we look at the global concern for the environment, there is very little direct attention being focused in this area. According to Dr. Rosalie Bertell, doctors in Canada are still required to report such diseases as scarlet fever and influenza, and yet we do not have an adequate system for tracking cancers.

Rather than going after polluters, our governments are advising individuals to avoid items that are dangerous to our health as a result of chemical and radioactive contamination. We now know that for every 1% decrease in the ozone layer, there is a 2% increase in skin cancer.⁷ Our solution to this problem has been to advise individuals to stay out of the sun, rather than directly addressing the problem of ozone depletion. Although our government has made some advances in this area, we need more aggressive legislation that will immediately eliminate ozone depleting substances.

The Canadian Cancer Society cites mounting evidence pointing to the association between high fat diets and certain cancers, including breast, endometrium (body of the uterus), ovarian, colon and rectal. This is particularly significant for women, since our bodies naturally contain a higher percentage of fat than men's bodies.

Dr. Bertell has concluded that the accumulation of environmental contaminants such as dioxins, furans, and PCBs in fatty tissue is the cause of these cancers. She suggests that we should demand governments enact legislation to prevent these contaminating chemicals from entering the food chain, rather than advising individuals to avoid eating fat.

Pesticides

A major area of concern for women is the potential danger lurking in the food we prepare for our families. Pesticide residues have been found in the fresh fruits and vegetables that contain the nutrients essential for healthy development. A Canadian study, conducted by the City of Toronto's Department of Public Health, found that 85% of our exposure to chemicals is through the food we eat that is grown in Ontario. A U.S. report reveals that preschool children are exposed to higher levels of toxic pesticides in their food than adults, at a time when they are most vulnerable to the effects of these poisons.

*"We now know
that for every
1% decrease in
the ozone layer,
there is a 2%
increase in skin
cancer."*

There are a number of ways that you can protect your family against pesticides in foods:

WASH AND PEEL ALL PRODUCE

to help eliminate surface residues and pesticides. (Systemic chemicals that permeate remain, however).

BUY ORGANIC PRODUCE WHEN COST AND BUDGET ALLOW.

If more consumers purchased organically grown produce, its price would be more in line with chemically grown produce.

GROW YOUR OWN OR BUY LOCALLY GROWN PRODUCE WHENEVER POSSIBLE.

Chemicals banned in Canada may still be used in other countries on foods that we import.

AVOID PERFECT LOOKING PRODUCE.

A glossy surface may mean it has been waxed, which effectively seals in any chemical residues. Some pesticides are used simply to enhance the appearance of produce.

(Source: *For Our Kids' Sake: How to Protect Your Child Against Pesticides in Food*; Mothers and Others for Pesticide Limits, The Natural Resources Defense Council, 1989)



Breast Milk Contamination

In May 1988, the World Health Organization released its study on contaminants found in breast milk. The study, which covered Sweden, Norway, Belgium, Denmark, West Germany, The United States, and Vietnam, found that organochlorines were transferred to infants through mother's milk. Some of the Norwegian infants studied were receiving daily intakes of organochlorines that exceeded the acceptable daily intake for adults. It was also discovered that organochlorines are transferred to the developing fetus through the placenta. (Organochlorines include such deadly substances as PCBs, DDT, dioxins and furans.)

"So how do dioxins get into our bodies in the first place?"

They may pass through the skin, be absorbed through lungs, and dioxins in food or milk can enter our bodies from the stomach and intestines. As far as paper products are concerned, women and children have regular, direct contact with sanitary towels, tampons and disposable nappies (diapers). Added to the dioxin exposure through other paper products, breast milk, food and air, the daily doses can accumulate to dangerously high levels. Given the tendency for dioxin to collect in the fatty tissues of the body, the daily doses can produce a high dioxin load in our bodies over a long period of time".⁸

Radiation

"Nuclear reactors by their very nature, pollute daily. It's not just the high level waste, there are the daily emissions. Radiation... knows no boundary." Irene Kock, Biologist, Executive Director, Nuclear Awareness Project.

If you live near a nuclear facility, the possibility of radiation exposure is a serious concern. A landmark British study revealed that a child may be 7 to 8 times more likely to develop leukemia if their fathers received high radiation doses in the six months prior to conception. In Canada, a 1989 study released by the Atomic Energy Control Board, found higher than expected levels of childhood leukemia around a number of nuclear facilities in Ontario.

These studies have implications for all nuclear workers and their families. They are a sober reminder that it is no longer enough for women to protect their own bodies to ensure they bear healthy children.

Home, Toxic Home

The chemical pollution in our homes and offices can affect our health, and the health of our families. There are three major sources of indoor air pollution: construction materials such as formaldehyde insulation or particle board; interior furnishings that include synthetic rugs and furniture, and chemical cleaners. These toxic substances release gases that can cause a variety of disturbing symptoms. In addition, fumes from gas or oil furnaces can also trigger similar reactions. Symptoms of environmental sensitivity include: fatigue, loss of concentration, learning disabilities, headaches, irritability, digestive upsets, nausea, nasal and chest congestion, and unexplainable body aches.

By making our homes and offices air-tight to improve energy efficiency, we increase our home's toxicity. Various bacteria and fungi are circulated throughout ventilation systems, along with tobacco smoke and the increased concentration of toxic chemicals from plastics, glues, paints and solvents used in construction. The concentration of these various pollutants can be 20 times higher than found outside.

To avoid creating a toxic home environment, you can:

- Avoid synthetic products, especially wall-to-wall carpeting. Use natural, untreated materials such as cotton, linen, or wool.
- Avoid synthetic bedding. Use natural latex pillows, mattresses and cushions, cotton sheets, and natural wool blankets.
- Avoid oil based paints. Use latex paints instead, and make sure that rooms are well ventilated for several days after painting.
- Remove lead pipes and those with lead soldered joints.
- Maintain comfortable indoor humidity, and ventilate to the outside. Ensure your home has energy efficient ventilation.
- Use natural alternatives to household chemicals. (See PART FIVE: AT HOME)

What Y·O·U can do

At a time when we need strong bodies and alert minds to tackle the problems of environmental contamination, we are weakening them daily with the very substances that we are fighting against.

- Limit your intake of meat. You will also limit the amount of chemical contamination accumulated in fatty tissue.
- Eating the following vegetables may lower your risk of getting colon cancer: cauliflower, broccoli, cabbage, brussels sprouts, rutabaga, and turnips.
- Avoid heavily processed foods.
- Exercise regularly. The best defense against any form of pollution is a strong, healthy body.
- Avoid using chlorine bleached sanitary products such as tampons, napkins, and disposable diapers. Look for products made from unbleached or oxygen bleached pulp.
- Limit your exposure to direct sunlight. For every 1% decrease in the ozone layer, there is a 2% increase in skin cancers.
- Have your water tested. The Consumers Association of Canada will test your tap water for 92 different substances, including known carcinogens, pesticides and PCBs for a laboratory fee. (For further information send a self-addressed, stamped business envelope to Water Quality Analysis, Consumers Association of Canada, Box 9300, Ottawa, Ont., K1G 3T9.)
- Know your community. Find out what industries in your area may have a potential impact on your health, or the health of your family, (e.g. nuclear power plants, pulp & paper mills, chemical processing plants).
- Be vigilant. We become aware of most environmental health hazards, after the damage has been done.

Getting Started

The word ecology comes from the Greek word "ecos" meaning home. It is no accident then, that an important place where we can take effective action to help protect the environment is in our own homes. Pressing environmental issues, such as toxic chemical pollution, nuclear waste, global warming, and waste management, can be significantly affected by how we manage our homes.

FACT:

Households make up the largest single group of hazardous waste generators in Canada. (Source: *Wasting Less – A consumer's Guide*, The Recycling Council of Ontario – see page 44)

Cleaning Up At Home

Most of us have become so accustomed to the convenience of household cleaners and chemicals, that it is difficult to imagine coping without them. While it appears that we can cut a little time off our cleaning chores while using these convenience products, we have to ask ourselves exactly how much time are we saving? Is that time saving worth the additional cost to our pocket books and to the environment? Do we really need these products? Or are we using them because advertisers have made us believe that everything must be whiter than white and that clean and fresh are not good enough.



Alternative Cleaners

For every possible cleaning chore, there are at least a half a dozen specialty cleaners. Many are expensive, over-packaged, harmful to the environment, and unnecessary. We can replace them at a fraction of their cost, with the following environmentally safe, effective, and inexpensive items:



✓ **WHITE VINEGAR**

Cuts through grease, removes odours, and prevents mould from growing. Excellent fabric softener when added to your final rinse cycle. (Add 125 ml)

✓ **BAKING SODA (SODIUM BICARBONATE)**

A good all-purpose cleaner. Deodorizes, and also softens water. Can be used as an alternative to scouring powders and toilet bowl cleaners.

✓ **HOUSEHOLD AMMONIA**

Use only when other cleaners are ineffective (cleaning ovens is a good example). Always use in a well ventilated area. Can irritate eyes and skin.

✓ **BORAX (SODIUM BORATE)**

Cleans, deodorizes and disinfects. Can be used as an alternative to laundry bleach.

✓ **LEMON JUICE**

Removes counter stains, mildew. Freshens the air. Use with olive oil for furniture polish.

✓ **LAUNDRY SOAP**

A phosphate free, effective alternative to laundry detergent.

General Cleaning T I P S

- To keep your drains open and odour free, pour 125 ml of baking soda, followed by 125 ml of vinegar and a handful of salt down them each week. If a drain does become clogged, use a plunger, or plumber's snake (available from most hardware stores). Flush the drain with hot water and 125 ml of washing soda. Let stand for 15 minutes, and flush again.
- To ensure that your laundry products work most effectively, remember to use water at the correct temperature (check your detergent's instructions). Don't overload your machine.
- To prepare an all-purpose household cleaner, combine 125 ml of ammonia, 125 ml of vinegar, and 65 ml of baking soda in 2 litres of water. To remove grease or scuff marks, sprinkle a damp sponge with baking soda. For a disinfectant, combine 250 ml of borax, for every 4 litres of water. Because borax is a natural mould inhibitor, it can also be used as an alternative to bleach.
- For glass and window cleaner, combine equal parts of white vinegar and water. To save on paper towels, use discarded telephone book pages.
- An excellent furniture polish can be made from a mixture of one part lemon juice and two parts olive or vegetable oil. Vinegar can also be used in a one to three ratio with olive oil.
- For stale smelling carpets, sprinkle baking soda over the carpet area. Leave it on for at least one hour, and then vacuum. To combat cooking odours, simmer orange peel and whole cloves in a small quantity of water.

The Harmony Foundation of Canada's booklet, *Home and Family Guide* provides the following checklist for evaluating cleaning products. Is the product:

- non-aerosol?
- non-poisonous?
- non-toxic?
- non-corrosive?
- inexpensive (an added bonus!)?
- phosphate-free?
- all-purpose?
- minimally packaged?
- re-usable (e.g. plunger, hair trap, cleaning cloths)?
- available in bulk (e.g. baking soda)?

Finally, before putting anything down the drain, ask yourself if you would want the substance in your drinking water.

Energy Efficiency

FACT:

Canadians are the heaviest consumers of electricity, per capita, in the world. (Source: *Green Future: How to Make a World of Difference*)

Until recently, abundant hydro electric power, coupled with coal, oil, and nuclear powered generating stations, adequately supplied our needs. But as we now know, these methods of generating electricity can upset the delicate balance of our ecosystem. The global warming of the planet, or the Greenhouse effect, is primarily caused by the burning of fossil fuels. Naturalists have cautioned that hydro megaprojects can seriously affect our diminishing wildlife. Scientists are still searching for an acceptable method to dispose of spent fuel from our nuclear reactors.

In Ontario, our demand for electricity increases at a rate of about 4% per year. Ontario Hydro estimates that by the year 2014, we will need some 50 to 100% more electrical power than we use today.

Residential electricity use accounts for approximately one third of Ontario's total consumption. Within our homes, we can drastically reduce our electricity consumption and thus significantly reduce the total amount of electricity required.

1 GET OUT OF HOT WATER!

FACT:

Between 17 and 20% of the energy consumed by most families goes into supplying hot water. (Source: *The Canadian Green Consumer Guide*)

- By simply turning down your water heater 5 degrees Celsius (or 10 degrees Fahrenheit) you can save 6% of the energy used. This will also help your heater and water tank to last longer.
- Using a water heater blanket can cut energy consumption by 7 to 8%. The blankets are available at most hardware stores for around \$ 20.
- Up to 90% of the energy that we use for washing our clothes is spent heating the water. Always use cold water in the rinse cycle. Rather than using hot water on heavily soiled clothes, pre-soak overnight, and then wash in warm water.
- Water-saving or low-flow shower heads use between 5 and 8 litres of water per minute, versus the 18 litres per minute used by conventional shower heads.

2 ENERGY EFFICIENT COOKING

- Microwave ovens consume 1/3 to 1/2 less energy than conventional ovens, take less time to cook food and generate much less external heat.
- Use a toaster oven rather than a full-sized oven when cooking small quantities.

- Slow cookers can use up to 80 per cent less energy than would be required to cook the same food on the stove.
- When using a conventional oven, except for baking, preheating isn't necessary.

3 REFRIGERATION

- You can cut your energy use by 25% by ensuring that the temperature in the refrigerator is set between 4 and 6 degrees Celsius, and the freezer between -18 to -15 Celsius.
- Clean the condenser coils on the back and bottom of the refrigerator to improve efficiency. Removing dust from the coils with a vacuum makes it easier for them to cool down. Always remember to unplug the refrigerator first.

FACT: The average Canadian home gobbls about 40,000 kilowatt hours (kWh) of energy a year. (Source: *The Canadian Green Consumer Guide*.)

4 HOME HEATING

A large portion of the energy that we consume in our homes is wasted due to inefficient design. Ironically, Canada is also a world leader in the design of energy efficient homes. The R-2000 house consumes about 25,000 kWh of energy per year, or 60% of the average Canadian home. This saving is due largely to the efficient design and construction.

There are many relatively inexpensive and easy ways that we can improve the energy efficiency of our homes:

- Invest in caulking and weatherstripping. Windows alone can account for 10 to 25% of your home fuel bill through heat loss. Other areas of unnecessary heat loss include exterior electrical outlets, pipes and wire entrances, air vents, baseboards, and exterior doors.
- Insulate. Be careful not to choose materials that are made from non-renewable resources or that contain harmful chemicals. Choose either glass fibre or cellulose insulation.
- Set your thermostat to 20 degrees C. Every degree above this temperature could increase your energy consumption by about 3%. Turning your thermostat down 5 degrees C. at bedtime or when you are out can add up to a 14% energy saving.
- Heat pumps provide an efficient alternative to conventional heating and cooling systems. In the cooler weather, these pumps extract heat from the outside air, and draw it inside. In the hot summer months, the pump is reversed and hot air is extracted from within the home. The annual energy saving from using a heat pump can be as high as 65%, so they are well worth investigating.

5 LIGHTING

Within the home, lighting can account for as much as 25% of the electricity that we consume. To save energy:

- Always remember to turn off lights when not in use.
- Use only as much light as you need. Consider lowering the wattage of bulbs, particularly in fixtures with multiple bulbs.
- Compact fluorescent light bulbs consume 80% less electricity than the standard incandescent variety.

Although expensive, they last many times longer, and actually save money over the bulb's lifetime. Since these bulbs are not widely available, check local lighting specialty stores. Brand names to look for include Osram and Philips.

6 DEMAND MANAGEMENT

Our need for electricity fluctuates throughout the day. According to Ontario Hydro, the daily requirement or "load" is high between 7:00 am and 11:00 pm, with the major peak occurring between 5:00 and 7:00 pm. Whenever possible, we should schedule the activities that consume the greatest amount of electricity during non-peak periods, or on the weekends. (e.g. washing and drying clothes, running the dishwasher).

7 FOR MORE INFORMATION

- i) The Ministry of Energy has two series of free publications aimed at helping consumers to make informed choices; *Consumer's Guide To:* and *Where & How To:*. For free copies of these booklets, write to: Ontario Ministry of Energy; Consumer Publications; 56 Wellesley Street West, 9th Floor; Toronto, Ontario M7A 2B7 Telephone in Toronto 965-3246; Outside Toronto (toll-free) 1-800-363-7491
- ii) The EnerGuide Directory lists all models of refrigerators, freezers, dishwashers, ranges, clothes washers and dryers sold in Canada. All appliances have been tested according to their energy use, and the results are published in this guide. In addition, the Energuide label must be attached to all new appliances sold in Canada. For a copy of the EnerGuide Directory, write to: Energy, Mines & Resources Canada; Home Energy Information ; 580 Booth Street; Ottawa, Ontario K1A 0E4
- iii) The Advanced House represents the energy-efficient housing of the future. It demonstrates that new products and technologies, many of them developed in Canada, can dramatically reduce total home energy use without compromising comfort and safety. The Advanced House booklet provides information regarding the availability of the materials and technologies used in the construction of the house.

Built in a regular subdivision in Brampton, Ontario, The Advanced House is open to the public from Wednesday through Sunday. To receive a copy of the booklet, or for further information, call the Ontario Ministry of Energy; Telephone in Toronto 965-3246; Outside Toronto (toll-free) 1-800-363-7491.

Composting

FACT: 20% of the food that we buy ends up in the garbage. (Source: *Wasting Less, A Consumer's Guide*, The Recycling Council of Ontario)

FACT: 30% of our residential waste stream is made of organic waste. (Source: *Green Sheet on Composting*, The Recycling Council of Ontario)

Ontario residents throw away 7 million tons of garbage each year. Of this, almost one third could be recovered within individual households to create a valuable, organic alternative to chemical lawn and garden fertilizers. More importantly, composting acquaints us with the cycle of nature.

Composting occurs when coarse, organic materials such as leaves, grass clippings, vegetable matter, and kitchen scraps are broken down into a soil-like humus by micro-organisms. Finished compost can be used as a soil conditioner to enhance the soil's ability to retain nutrients and moisture. Unlike commercial fertilizers which are washed away from the soil very quickly, compost releases nutrients into the soil gradually. Compost also helps prevent top soil erosion.

If you are unable to have a compost heap, you may want to try Mary Perlmutter's recipe for "Instant Compost". President of the Canadian Organic Growers, Mary suggests that you place organic scraps in a blender with a cup of water, and blend until liquified. The mixture can then be poured directly on house and garden plants.

(Information on how to start your own compost heap is available free of charge from the Recycling Council of Ontario – See groups list for address.)



From *You Can't Take It With You, So Eat It Now, Everyday Statements from Sylvia* by Nicole Hollander. © 1989 by Nicole Hollander. Reprinted by permission by Vintage Books, Division of Random House Inc.

The Great Diaper Debate*

FACT:

We cut down 2.4 million trees and convert 77,000 cubic metres of non-renewable natural gas into plastic to produce the 1.7 billion disposable diapers that Canadian babies use annually.

FACT:

Between 2% and 5% (by weight) of the garbage sent to our landfills is disposable diapers. This represents about 240,000 tonnes a year.
(Source: *The Canadian Green Consumer Guide*)

Many women argue that they simply don't have time to use cloth diapers. But when you weigh the cost of convenience against the cost to our wallets and our environment, the trade-off doesn't seem worth it.

The average child will require over 7,000 diaper changes in the first 2 1/2 years. When you compare the environmental and financial impact of the various diapers during this time period, a pattern emerges. The least expensive way to diaper a child is also the most environmentally friendly.

The cost of conventional **cloth** flat diapers, including home laundering and drying, would be approximately \$600. It would cost around \$ 860 to use the newer, formed, self-closing diaper. The environmental benefits are: no waste going to the landfill, a choice of environmentally safe laundry products, and the option of energy-saving line drying.

A **diaper service** is estimated to cost \$ 1100. The environmental costs are marginally greater, as well. Users have no control over what cleaning and sanitizing products are used on the diapers, and delivery trucks add to atmospheric pollution.

Disposable diapers cost almost twice as much as a diaper service, and three to four times as much as home laundering cloth diapers. The estimated cost of disposables is \$2,300. For every dollar spent on disposables, it will cost an additional 33 cents for disposal costs. One child's diapers add approximately 3,000 pounds of combined plastic, paper, and human waste to the garbage dump.



Most disposable diaper users are unaware that solid waste must be flushed out of the diaper before it's thrown into the garbage. There is a law against disposing of human and animal waste in landfills - that's why we have sewers. Workers at landfill sites are exposed to contaminated diapers, and there is concern that community health may be affected by contamination seeping into soil and ground water.

Because babies tend to wear disposable diapers longer than cloth, there is a greater risk of diaper rash. Finally, if you're using diapers made from chlorine bleached pulp, there is a danger that toxic dioxins and furans could be absorbed into the baby's delicate skin.

* *"Alternatives in Diapering"...*

is an excellent, 16-page booklet comparing cost, convenience, incidence of diaper rash, and environmental impact of disposable diapers, diaper services, and home-laundered diapers. The report describes some convenient cloth diaper products, such as velcro-closing diapers, and breathable waterproof pants, and indicates where the products are available. General diapering tips, information on prevention and treatment of diaper rash and diaper laundering instructions are also given. For a copy of the booklet send \$ 1.00 for postage and handling to

"Alternatives in Diapering"
c/o 7117 - 100 Street
Peace River, Alberta T8S 1B1.

Pollution Probe offers a diaper information kit that includes a current list of diaper services in Canada. Send \$3 to cover copying and postage to

Pollution Probe
12 Madison Avenue
Toronto, Ontario M5R 2S1
(416)-926-1907.

Teaching Our Children

As women, perhaps the greatest positive impact that we can have on the environment is to teach our children to love and respect the earth.

READ

Excellent periodicals available for children include Your Big Backyard and Ranger Rick (available from the Canadian Wildlife Federation). Most public libraries have an excellent nature section.

PLAN FAMILY ACTIVITIES

such as a bike trip or nature hike. Take along a nature guide that will help you identify different animal and plant species.

PLANT A CHILDREN'S VEGETABLE GARDEN

Encourage your children to take care of the plants, and have them harvest the fruits of their labours. Even a window box will do if you live in an apartment. Tomato plants grow quickly and can be kept in a pot if necessary.

COMPOST DUTY

is an excellent way to teach children about natural life cycles.

HAVE A GARBAGELESS LUNCH CONTEST

Challenge children to come up with innovative ways to pack lunches that don't create any garbage.

ASSIGN RECYCLING DUTIES

Encourage your children to take responsibility for your blue box, bundling the papers correctly and getting it to the curb on time. In communities without curbside pick-up, encourage older children to phone your local works department to find out if there's a recycling depot. Give them the responsibility for collecting recyclables until you are ready to make a family trip to the depot.

Children learn by what they see. By taking responsibility for the environment in our own homes, we can teach our children to respect the earth, and help ensure that they will have a world in which to grow.

*Women as Consumers***Becoming Conscious Consumers**

We live in a consumer society. At present, 80% of the earth's resources are used by 20% of the world's population (Green Future 1990). Ozone depleting chemicals such as CFCs are largely used in consumer goods, such as refrigerators and air conditioners, and in foam packaging materials. (CFCs have not been widely used as an aerosol propellant since 1980).

Each week, we heap our shopping carts with paper towels, toilet tissue, disposable

diapers, and feminine hygiene products, despite the fact that dioxins and furans, two of the deadliest substances known to humankind, are largely produced by our pulp & paper industries. Fast food, with all its throw away packaging, has become the norm for most Canadian families.

Women are becoming primary consumers in traditional male markets such as computers, automobiles, and housing. Companies are scrambling to determine what appeals to this new consumer base. We must find out what is environmentally acceptable and tell manufacturers that we are no longer prepared to sacrifice the environment in the name of convenience.

Government and industry tell us that they are looking for "industry driven" solutions to environmental problems. This is a frightening direction to follow, when we consider industrialization put us in this mess in the first place.

As the primary purchaser of consumer goods, women are in the position to significantly improve our environment by making informed decisions in the marketplace.

Where do we begin? When faced with the idea of making changes in her consuming lifestyle, one woman moaned, "We have spent twenty years trying to get out of the kitchen, and now you want to put us back!" The point is, we have to work smarter – not harder – to reduce our impact on the environment.

Women and the

There are a number of simple, common sense things that we can all do to help. When you're shopping, ask yourself the following questions:

- 1** Would I want this substance in my drinking water?
- 2** Is this product excessively packaged?
- 3** Is there a more environmentally friendly alternative to this product? (e.g. vinegar and baking soda versus harsh chemicals)
- 4** Is there a reusable alternative? (e.g. rags versus paper towels)
- 5** Is this product environmentally obsolete? (e.g. disposable diapers and plastic foam plates are both needless items.)
- 6** Do I really need this item?
- 7** If I must buy this item, can I recycle the packaging?
- 8** Is this item really that convenient?
- 9** Is this product made from wood from tropical rainforests (e.g. teak, rosewood) or an endangered species (e.g. ivory)?
- 10** Is this item the most energy efficient model available?

Packaging

According to the Environmentally Sound Packaging Coalition, each person in Canada produces 2.2 kilograms of garbage daily, making us the most wasteful people in the world. A large percentage comes from consumer product packaging materials. Consider these facts:

- Consumer product packaging contributes up to 50% by volume of Canadian municipal solid waste.
- Since 1960, the amount of packaging in garbage has increased by 80%
- Packaging costs can exceed 50% of the product's total cost.
- Packaging is a \$ 9 billion a year industry in Canada.
- 58% of all Canadian packaging is used in the food and beverage industries.

(Source: Environmentally Sound Packaging Coalition)

In the Grocery Store



Take your own bags. Keep a few in your purse, office drawer or car. Purchase string or canvas ones, or reuse old plastic bags. A survey done in the Pickering area found that one grocery store in the area alone went through 80,000 plastic grocery bags a week!

Don't purchase packaged produce. Don't put produce in individual plastic bags. Plastic doesn't allow fruits and vegetables to breathe.

Purchase in bulk whenever possible or buy the larger size of an item to increase the ratio of product to packaging.

Avoid individual serving packages, such as breakfast cereal, yogurt, and pudding cups.

Avoid disposable products where alternatives exist. (For example, diapers, razors, dishes and cutlery, etc.)

In many cases, the same product is available in both plastic and glass containers. (For example, ketchup, salad dressing, and BBQ sauce). Since plastic containers are not yet recyclable in many communities, it makes sense to purchase glass.

Purchase unbleached paper products, whenever possible.

Be vocal. Urge your grocery store manager to provide alternatives to polystyrene trays for meat, dairy and bakery goods. Polystyrene egg cartons have been eliminated from most Canadian grocery stores simply because customers asked for alternative packaging. One woman reportedly handed the grocery store manager her broccoli's plastic food wrap and foam tray. She asked the manager to dispose of the wrappings, since reducing garbage obviously wasn't an issue for him.

Packing Lunches

Replace food wrap with reusable food containers. Use a thermos.

Eating Out



Urge fast food outlets to serve sit down customers with reusable plates and cutlery. Request that condiments like ketchup be supplied in dispensers rather than individual portion packs.

Talk to restaurant managers, and encourage them to find alternatives to throw-away packaging. Let them know that you will take your business to those who provide environmentally sound packaging.

SPEAK OUT!

If a product or service is environmentally unacceptable to you, write to the company and explain your concerns. The address of most companies is on their product packaging. Failing that, look in your local phone book, or try calling the 800 operator (1-800-555-1212). Many big corporations have a toll-free number for customer complaints.

Companies consider that for every letter received, 100 customers have similar complaints, so your letter definitely makes a difference. When writing your letter:

- 1 Send your letter to the marketing department, rather than customer service. Customer service departments soothe irate customers. The marketing department's job is to sell product. You want action from your letter, not kind words.
- 2 Explain clearly why you find the product environmentally unacceptable. For example, is it excessively packaged (e.g. women's cosmetics) – enclose the product's package, or environmentally obsolete (e.g. disposable diapers)?
- 3 Let the company know if you are a regular purchaser of the product and advise your plan of action if you are not satisfied with their response. (Be realistic – a company is not going to alter a product line overnight.)

Making a Difference in our Communities

Taking the First Step

When we look at our environmental problems, they appear so overwhelming that we throw our hands up in defeat. Australian physician and peace activist Dr. Helen Caldicott describes this temptation to shut down as "psychic numbing". The best antidote is action. The best place to start is in our communities.

Identify the issues, find out who is responsible for the laws regulating those issues, and draw media and government attention to the issues.

Identify the Issues

The best way to find out what is going on in your community is to get a subscription to your local newspaper. Watch for items such as re-zoning applications, public works notices, and reports from local council meetings. In particular, look out for notices of environmental assessment hearings or requests for public input into projects with potential environmental impact. Local newspapers are also an excellent way to identify active environmental groups in your area.

Get to Know Your Political Representatives

The most effective way to improve our environment is to strengthen the laws that protect it. We must make our politicians understand that the environment is the priority. Make an appointment to see your federal, provincial and local elected officials, and find out where they stand on environmental issues. Ask what official stand their political party is taking on the environment.

Most federal and provincial politicians schedule specific days in their riding offices to meet with constituents. If you are unable to meet personally, send a letter to their riding offices. Addresses are listed in the white pages of your telephone book.

Never apologize for taking an elected representative's time. It is their job to respond to the needs of their constituents. It is your job to make sure that they understand what those needs are.

The Power of the Pen

Letter writing allows us to express our concern, while drawing political and media attention to important issues.

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Politicians

Always address your letter to the minister responsible for the particular level of concern. For example, a letter about our national energy policy would be addressed to the federal Minister of Energy, Mines and Resources. Concern about provincial pollution controls would be sent to the provincial Minister of the Environment.

If you believe a particular issue has either broader implications, or is too important to limit to a specific ministry, send your letter directly to the Prime Minister or Premier. Send a copy to the cabinet minister responsible for the area of concern.

When writing to local or regional politicians, send a copy of your letter to your city or town clerk, and request that your letter be included in the minutes of the next general council meeting.

Always remember to send copies of your letters to the appropriate local representative, and note that you have done this on your original letter. This keeps your representative informed about your action, and also provides them with an opportunity to further lobby your concern. If you don't get a reply, let your representative know.

Remember that letters addressed to the House of Commons do not require postage. Provincial and locally directed correspondence DO require sufficient postage.

Letters to the Editor

Simplicity is the key. Address your letter to "Letters to the Editor". The mailing address can be found on the editorial page. Always remember to:

- Include your mailing address and telephone numbers. Most papers will not print a letter until they have verified the source.
- Be humorous whenever possible. This will greatly improve the chances of getting your letter published.
- Be brief. If your letter is too long, you run the risk of being edited, and possibly misinterpreted.
- Unless your letter is referring to an article that appeared in a specific newspaper, send it to as many newspapers as you can afford stamps. Magazine editors are generally only interested in comments that relate to articles from that particular magazine.
- Be outrageous. The purpose of this type of letter is to allow you to let off steam, while provoking thought in the reader.

Getting Organized: ENVIRONMENTAL GROUPS

If you feel passionately about a particular issue, it is important that you first find out if there is a group already working on it locally, provincially or nationally.

Resources are so limited within the environmental network, that it is critical that we try not to duplicate effort.

NOTE: Please refer to the Resource and Reference Guide on Page 44 for a list of environmental groups in Ontario.

Join an established environmental group such as Greenpeace or Friends of the Earth. Most groups publish regular newsletters which are an excellent way to keep up-to-date on major environmental issues. Many organizations also have non-profit status so your contributions can be tax-deductible.

Local groups

are the backbone of the environmental movement. Many start in response to a local issue or concern, and expand to cover a broader range of environmental issues. They are generally run by volunteers, and have little or no funding. To find such a group, check with your local community and school association, community service bulletins, your local newspaper, or elected representatives.

Starting your own group:

If you find yourself saying that someone should be doing something about an issue in your community, then chances are you're the someone. Before you start, identify an issue or area of concern. Community groups are generally reactive or proactive.



"Let's start our own group."

Reactive groups

are formed to respond to a specific issue within the community, such as a proposed garbage dump, toxic waste incinerator, or nuclear facility, and are sometimes referred to as NIMBY (Not In My Back Yard) groups. It is usually easier to generate interest in this type of group, because local citizens perceive that there is a very real threat to the environmental health of their community.

Proactive groups

deal with ongoing issues such as recycling programs, water and air quality, environmental health issues, and preservation of natural environments and species.

Getting Started

Once you have identified your area of concern, it's time to get organized. The following list will help turn your concern into action:

- 1** Talk about the issue with anyone who will listen - neighbours, family, co-workers, or church members.
- 2** Hold an informal meeting in your home to discuss the matter further. Decide exactly what it is you want to accomplish, and formulate a game plan. Obtain names and telephone numbers of everyone attending, and plan a follow-up meeting. Take an inventory of what personal skills individuals are willing to contribute. Artists, writers, lawyers, and people with media contacts all have special knowledge and expertise.
- 3** Educate yourself and your community. Use the group directory on page 43 to locate organizations with similar areas of concern, and find out what information or assistance they can offer. Also contact federal and provincial environment ministries and request pertinent information.
- 4** Learn to ask questions. Go directly to the source of a problem, and continue asking questions until you're satisfied with the answers. Remember: knowledge is power.
- 5** Make a presentation to your local council about your concern, and request their support.
- 6** Hold a public meeting. Find a guest speaker who is an expert on the issue. Invite local politicians and the media. Always remember to send out a news release. (See: Learning the Tools of the Trade, Resource and Reference Guide, Page 36).
- 7** Make a list of what supplies you may need, (i.e. stationery supplies, poster materials, etc.), and canvas local businesses for support.
- 8** Never lose your sense of humour. Remind yourself that what you are doing is a positive step toward a greener and healthier planet.

Conclusion

We are currently facing what many regard as the greatest crisis in human history. Some scientists believe that it may already be too late to save the environment. Others believe that where there is life, there is hope, and that we all must do whatever we can to help protect the earth.

One thing is very clear: If we are to survive, then we all must be prepared to re-examine our relationship with the environment, and be willing to make major changes in our attitudes and lifestyles.

For women, the issue of saving the environment is fundamental to our very existence, because it is from us that each new generation flows.

Women are the backbone of the environmental movement. It is our compassion that drives us, our strength that sustains us, and the love for our children, and for our planet, that compels us.

Together, we can change the world.

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Resources

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I. Learning the Tools of the Trade:

1. Special Events attract media attention and gain public support.
 - a) *Public Information Meetings* are an excellent way to generate support for an issue within the community. There are a number of points to consider when planning your event:
 1. Focus interest on the event by relating your concern specifically to the welfare of the community. (e.g. If you're fighting a garbage incinerator, emphasize the potential health risks).
 2. Church halls and library meeting rooms are usually available at little or no cost, and easily accessible.
 3. Arrange to have an "expert" guest speaker. Many environmental groups do have speakers available for this purpose. (Refer to Environmental Groups in Ontario, Page 44.)
 4. Publicize the event at least two weeks in advance. Post notices in grocery stores, local libraries, schools and churches. Notify local community groups and ask for their support. List the event in your local community calendar.
 5. Follow-up with phone calls at least one week prior to the event (see Phone Trees).
 6. Prepare a public service announcement to be read on local radio stations. All radio stations have made specific promises about public service announcements as a condition of their licence. Contact either the program manager or public service manager.
 7. Invite local and provincial political representatives and let them know that the media will be attending.
 8. Invite the media (see Media Releases)
 9. Have someone within your group agree to chair the meeting.
 10. Arrange to have a public address system. The quickest way to lose interest is when people cannot hear what is going on.
 11. Have a registration sheet at the door. Assign someone to request that people sign in when they enter. Be sure to get a telephone number. (Most people have every intention of putting down their name when they leave, but often forget.)

12. Plan an agenda, and stick to it. Limit the meeting to two hours. Include a question and answer period at the end of the meeting, and encourage individuals to continue their discussions after the formal end of the meeting.
13. Pass the hat during the question and answer period. This is generally when people's interests are peaked, and it's the best time to ask for donations. (Be clear about why the money is needed.)
14. Provide refreshments. This encourages individual discussion, which further generates interest.
15. Don't use disposable cups and plates. Most churches have coffee cups and plates available. Failing that, rent reusable dishes from a party supply store.

b) **Demonstrations** have protest as their purpose, rather than education. The primary goal is to attract media attention by providing something interesting for television cameras to focus on. (e.g. After many unsuccessful attempts at closing down a toxic waste dump, the media was invited to witness local citizens pad-lock the dump's gates shut.)

1. Be creative. Street theatre, puppetry, make-up and costumes are all very visual.
2. If your demonstration involves a prolonged activity, such as a march or vigil, plan a specific activity on which the media can focus. (e.g., a candlelighting ceremony at a vigil).
3. Publicize (same as for public information meetings)
4. Notify the local authorities of your scheduled activities. This will help to avoid any conflict, and ensure that your event runs smoothly. If you're planning a parade, make sure you have the appropriate permit.

2. Phone Trees

The best way to ensure attendance at any event is by contacting individuals who have previously expressed an interest or concern. This can be accomplished effectively by setting up a phone tree.

Divide your list of interested individuals (see Start Your Own Environmental Group - Getting Started) into groups of five. Phone the first five individuals on your list, and assign each a group of five to contact. This secondary group should be given five additional groups of names to pass on to the next level of callers.

Using this method, it is possible to contact a hundred or more individuals within a few hours.

3. Effective use of the Media

Forty per cent of what you see and hear in the media today is generated by special interest groups who want to reach the public with their message.

Media Releases

Learning how to write an effect media release can mean the difference between success and failure of media coverage for an event.

There are two types of media releases – event and information. An event release provides the media with advance notice of organized events such as public meetings or demonstrations.

An information release provides facts and figures related to the publication of a report or study, and can also be used to state your group's position on a particular issue. (e.g. Your group may call for tighter controls on industry, following a toxic spill.)

Points to remember:

- Find out the name of the assignment editor at newspapers, television and radio stations, and send your release to her/his attention.
- Give plenty of notice. Media releases can be submitted up to four weeks before an event. The absolute minimum amount of lead time required is 48 to 72 hours.
- Follow-up with a phone call the day before the scheduled event.
- Your release should be typed, and doubled-spaced. Try to keep it to a single side of a page.
- Keep it simple. See the sample release on page --Use a headline that will entice the reader. Your first paragraph should answer the 5 W's - who, what, where, when, and why. Give all of the relevant information in descending order.
- A second paragraph should include a usable quotation from your spokesperson, and include a human interest angle.
- Include the name and telephone number (both day and evening) of your spokesperson, to allow reporters to follow up on the story.
- Send a copy of your release to your local Canadian Press office. It will often be picked up and sent out on the wire service.

SAMPLE MEDIA RELEASE

For Immediate Release

School Children Adopt a Tree Program

Bowmanville, Ont. The grade four and five students of Centennial Public School have begun a green pledge program to help protect the environment. To commemorate Earth Day, each child will plant a tree on the school property, on Monday, April 23, 1990, at 10:00 a.m.

The trees have been purchased with money that children raised selling reusable lunch bags.

"The children have learned the importance of healthy trees to our environment", stated Mrs. Steele, the school's environmental studies teacher. "Our hope is that they will take this lesson home to their families". Each child will be responsible for the care and maintenance of one tree.

-30-

For further information contact: Ms. Steele
(days) 555-1111; (evenings) 444-2222

II. Glossary

Acid Rain: Precipitation that is damaging to plant and animal life. Acidity is formed when sulphur dioxide and nitrous oxide emissions from burning fossil fuels react in the atmosphere with moisture, sunlight, and other gases to create sulphuric and nitric acids.

Asbestos: A hazardous fibre commonly used in insulation and fire-proofing prior to the mid 1970s. Its fine microscopic fibres can cause lung cancer and asbestosis when inhaled.

Baseline Health Study: The study of a community's basic health. Information from such a study is an essential prerequisite to assessing the potential effects of pollution on the population.

Biodegradable: Substances that can be broken down by bacteria into elements and compounds.

Biodiversity: The wealth of life on earth, the millions of plants, animals, and micro-organisms, the genes that they contain, and their intricate relationship.

Canadian Standards Association (CSA): A non-profit organization that establishes manufacturing standards, and tests and certifies products under these standards. The CSA is the testing body for the Environmental Choice Program.

Chlorofluorocarbons (CFCs): Chlorine-based compounds that are used as a foaming agent in the manufacture of hard and soft plastics, as coolants in refrigerators and air-conditioners, and as cleaning solvents. When released to the atmosphere, CFCs interact with ultra-violet light to create ozone destroying chlorine dioxide.

Compost: A mixture of decaying organic matter that produces a soil-like product rich in nutrients and which improves the water absorption capacity of soil.

Dioxins: Artificially produced toxic bi-products of various chemical reactions. No safe level of the most dangerous form of dioxin has been found. Dioxins accumulate in fatty tissue, and are known to cause changes in the immune system, birth defects, reproductive effects, organ damage, and cancer. A major source of dioxins is the pulp and paper industry. Dioxins are produced when chlorine is used to bleach wood pulp.

Ecosystem: A community of life forms that interact with each other and the environment.

Energy-From-Waste: The process of burning municipal, toxic, or medical waste to generate steam. The steam is used directly for heat, or indirectly to generate electricity.

Environment: The external circumstances, conditions, and objects that affect the existence and development of an individual, organism, or group.

Environmental Choice Program: A federal government program initiated by Environment Canada to identify consumer products that maximize energy efficiency, use recycled materials, and minimize the use of hazardous or disposable products. Goods are tested and certified by the CSA, and then licensed to carry the EcoLogo, three doves interwoven to form a maple leaf.

Environment Friendly: Having a minimum effect on the natural environment.

Greenhouse Effect: Warming of the earth's surface which occurs when carbon dioxide and other gases in the upper atmosphere trap some of the sun rays that are reflected by the earth's surface. These rays are directed back down to the earth. The growth of carbon dioxide, nitrous oxide, methane, chlorofluorocarbons, and other atmospheric gases is increasing the amount of heat that is trapped, and consequently, is warming the planet's surface.

Furans: see dioxins

Gaia Hypothesis: J. G. Lovelock's scientific theory that every part of the earth and atmosphere are part of a single living organism.

Global Warming: see Greenhouse effect

Green Consumerism: Involves making purchasing decisions based on environmental concerns, and implies a rejection of wasteful consumer habits.

Hazardous Waste: Waste products that are harmful to human health and safety, and pollute the air, water and land.

Hydrochlorofluorocarbons (HCFCs): Chemicals used to replace CFCs in foam and food packaging. HCFCs have 5% of the ozone depleting potential of CFCs.

Landfill: A garbage dump. Usually a large excavation into which waste materials are dumped, and then periodically covered with sand.

Methane: A gas that contributes to the Greenhouse effect. A primary component of natural gas. Also produced by rotting garbage in landfills and burning vegetation.

Nitrous Oxide: A major contributor to the Greenhouse effect. Found in vehicle exhaust, coal combustion, and chemical fertilizers.

Non-Renewable Resources: Sources that are being used, and cannot be replaced. (e.g. coal and petroleum products)

Old Growth Forests: Forests containing trees that are more than 200 years old, and a metre or more in diameter. They are comprised of at least two species of trees which create a dense multi-layered canopy over the forest floor.

Organically Grown Food: Food that is grown utilizing natural pest control, such as crop rotation and companion planting, and natural fertilizers, such as compost and manure, instead of chemical fertilizers and pesticides.

Organochlorine: An organic compound containing chlorine in its molecule. Organochlorines include DDT, and other pesticides, dioxins and furans, and PCBs.

Ozone (ground level): An unstable, poisonous gas, formed when emissions of hydrocarbons and nitrogen oxides interact in the air. High levels of ozone pollution tend to occur on hot, bright, still days. Concentrations in the lower atmosphere can cause damage to vegetation, and has been linked with human respiratory ailments.

Ozone (stratospheric): A naturally occurring gaseous layer in the upper atmosphere that helps filter out the sun's ultraviolet radiation, preventing harmful cancer causing rays from reaching the earth's surface.

Phosphates: Essential plant nutrients. In excessive quantities, they cause an over-abundance of algae growth, which can choke marine life by depriving it of oxygen.

Polychlorinated Biphenyls (PCBs): A series of toxic compounds developed to be used as coolants and insulators in electrical components. When PCBs leak into rivers and lakes, they remain dangerous for several hundred years. They tend to accumulate in fatty tissue.

R-2000: A standard, established by the Canadian Home Builders' Association and Energy, Mines and Resources Canada for energy efficient buildings, that cuts heating costs up to 70% compared to conventional structures.

Radiation (ionizing): Energy emitted from substances with the ability to affect or damage living tissue.

Renewable Energy Source: A source that can be replaced on an ongoing basis (e.g. solar, wind, wood).

Sulphur Dioxide: A major contributor to acid rain that is formed by combustion of fossil fuels and in smelting processes.

Sustainable Development: A recognition that our continuing need for growth must be done in harmony with our environment, and without jeopardizing the welfare of future generations.

Washing Soda: Used for whitening laundry. Should be available in your supermarket's laundry products section.

III. Environmental Groups

Communications Networks

WEB is a computer network service that offers electronic mail and full computer conferencing links with other members of the Association for Progressive Communications (APC).

APC is a non-profit collection of systems with a focus on social and environmental change.

The APC system links over 7,000 activists and organizations in over 60 countries and is connected to other major non-profit networks for electronic mail.

WEB has over 700 on-line conferences relating to the environment, social justice, peace, human rights and human services.

WEB; 456 Spadina Ave., 2nd floor; Toronto, Ontario M5T 2G8
(416) 929-0634

Environment Networks

CANADIAN ENVIRONMENTAL NETWORK (CEN) is an organization comprised of 1500 environmental groups. The CEN works together with eight regional networks to facilitate communications and interactions among these groups.

Box 1289, Station B; Ottawa, Ontario K1P 5R3
(613) 563-2078

ENVIRONMENTAL ACTION ONTARIO is a province-wide coalition working to reduce excessive packaging through legislation and changes in corporate policies.

456 Spadina Ave., 2nd floor; Toronto, Ontario M5S 2K5
(416) 929-2499

ONTARIO ENVIRONMENT NETWORK (OEN) is a coalition of environmental groups established to facilitate communication and cooperation. The OEN publishes the *Environmental Resource Book*, a complete directory of environmental groups and related resources in Ontario.

465 Spadina Ave., 2nd floor; Toronto, Ontario M5T 2G8
(416) 925-1322

ONTARIO PUBLIC INTEREST RESEARCH GROUP (OPIRG) is a student funded and student run research, education and action group that works on environmental and social justice issues. OPIRG provides a link between universities and communities, and acts as an activist's training group. There are seven chapters throughout Ontario.

OPIRG – Provincial Office; 455 Spadina Ave., Room 201; Toronto, Ontario M5S 2G8
(416) 598-1576

Environmental Groups in Ontario

CANADIAN ENVIRONMENTAL LAW ASSOCIATION is a public interest group established to use existing laws to protect the environment, and to advocate environmental law reforms.

243 Queen Street W., 4th Floor; Toronto, Ontario M5V 1Z4
(416) 977-2410

CANADIAN ORGANIC GROWERS promotes sustainable agriculture and the preservation of the genetic diversity of food plants.

Box 6408, Station J; Ottawa, Ontario K2A 3Y6
(no phone number)

CANADIAN WILDLIFE FEDERATION is a conservation organization dedicated to the preservation of wildlife for future generations.

1673 Carling Avenue; Ottawa, Ontario K2A 1C4
(613) 725-2191

ENERGY PROBE provides information on energy and energy related issues, specifically conservation and renewable energy.

225 Brunswick Avenue; Toronto, Ontario M5S 2M6
(416) 978-7014

FRIENDS OF THE EARTH focuses on management of toxics in the environment, ozone depletion, pesticides, and global warming. It has 30 sister organizations throughout the world. Members receive a subscription to their newsletter: *Earthwords*.

251 Laurier Avenue W., Suite 70; Ottawa, Ontario K1P 5J6
(613) 230-3352

GREENPEACE promotes international legislation to regulate and promote the global ecosystem. A newsletter is included in the membership.

578 Bloor Street W.; Toronto, Ontario M6G 1K1
(416) 538-6470

HARMONY FOUNDATION OF CANADA is devoted to environmental education, through student, public, and professional programs.

19 Oakvale Ave.; Ottawa, Ontario K1Y 3S3
(613) 230-7353

INTERNATIONAL INSTITUTE OF CONCERN FOR PUBLIC HEALTH (IICPH) is the only non-government organization in Canada that deals with environmental health problems.

830 Bathurst St.; Toronto, Ontario M5R 3G1
(416) 533-7351

NORTHWATCH addresses environmental and socio-economic concerns that impact northeastern Ontario through political action and public education.

Northwatch; c/o Brennan Lloyd; Box 282; North Bay, Ontario P1B 8H2
(705) 476-7060

NUCLEAR AWARENESS PROJECT is dedicated to raising awareness about nuclear issues and energy alternatives. The group carries out research and public education programs, in addition to operating the Nuclear Resource Centre.

Box 2331; Oshawa, Ontario L1H 7V4
(416) 725-1565

POLLUTION PROBE deals with a broad range of environmental issues including industrial, municipal, and household waste management, toxics, water and air quality. Complimentary subscription to their newsletter - *Probe Post* - with membership.

12 Madison Ave.; Toronto, Ontario M5R 2S1
(416) 926-1907

RAGING GRANNIES is a performing group, which promotes peace and environmental issues. Wearing outrageous hats and costumes, the Grannies use new lyrics for old songs as a means of protest.

Toronto Raging Grannies; c/o Betsy Carr; 12 Plateau Cresc.; Don Mills, Ontario
M3C 1M8
(416) 444-6517

RECYCLING COUNCIL OF ONTARIO promotes and engages in research on recycling programs, markets, technology, legislation and events.

489 College St., Suite 504; Toronto, Ontario M6G 1A5
Toronto area (416) 960-0938; Toll free outside Toronto area 1-800-263-2849

TEMAGAMI WILDERNESS SOCIETY is a citizens' coalition dedicated to the research, public understanding, and conservation of the Temagami region and its heritage.

19 Mercer St., Suite 307; Toronto, Ontario M5V 1H2
(416) 599-0152

UNITED NATIONS ASSOCIATION is an information agency for the United Nations that promotes awareness of international issues, concentrating on human rights and environmental issues.

2 College St., Suite 116; Toronto, Ontario M5G 1K3
(416) 929-0990

VOICE OF WOMEN FOR PEACE/LA VOIX DES FEMMES (CANADIAN VOICE OF WOMEN) is the original national women's peace organization, with chapters throughout Canada. Particular interest in peace, and social and environmental issues.

736 Bathurst St.; Toronto, Ontario M5S 2R4
(416) 537-9343

WOMEN AND ENVIRONMENTS EDUCATION AND DEVELOPMENT FOUNDATION (WEED) is an organization devoted to research, education and communication on women's relationships with built, natural, and social environments.

WEED; c/o 11 Model Ave.; Downsview, Ontario M3H 1V9
(416) 633-6837

WORLD WILDLIFE FUND collects and manages funds to conserve wild animals, plants, and habitats for their own sake, and for the benefit of humanity.

60 St. Clair Ave. E., Suite 201; Toronto, Ontario M4T 1N5
(416) 923-8173

IV. Periodicals

ALTERNATIVES

Subject area: general environmental issues
Published: quarterly
Annual subscription rate: \$ 17.50

Faculty of Environmental Studies
University of Waterloo
Waterloo, Ontario N2L 3G1
(519)-885-1211, ext. 6783

COGnition

Subject area: organic gardening
Published: quarterly
Subscription rate: \$ 16.00

Canadian Organic Growers
P.O. Box 6408, Station J
Ottawa, Ontario K2A 3Y6

E: THE ENVIRONMENT MAGAZINE

Subject area: general environmental issues
Published: bi-monthly
Annual Subscription rate: \$ 25.00 U.S.

Earth Action Network, Inc.
8 Knight Street
Norwalk, CT 06851
(203)-854-5559

GARBAGE

Subject area: general environmental issues
Published: bi-monthly
Annual subscription rate: \$ 21.00 U.S.

Garbage
P.O. Box 51647
Boulder, Colorado 80321-1647

GREEN TEACHER

subject area: environmental studies
Published: bi-monthly
Annual Subscription rate: \$ 25.00

Green Teacher
95 Robert Street
Toronto, Ontario M5S 2K5

HEALTHSHARING

Subject area: women's health issues
Published: Quarterly
Annual Subscription rate: \$ 12.00

Women Healthsharing
14 Skey Lane
Toronto, Ontario M6J 3S4
(416)-532-0812

INTERVENOR

Subject area: environmental law
Published: Bi-monthly
Annual Subscription rate: \$ 18.00

SEASONS

Subject area: natural environments
Published: quarterly
Annual subscription rate:
\$28.00 /includes membership

THIS MAGAZINE

Subject area: alternatives
Published: bi-monthly
Annual subscription rate: \$ 19.50

UTNE READER

Subject area: The best of the alternative press
Published: bi-monthly
Annual subscription rate: \$ 23.00 U.S.

WASTE LESS TIMES

Subject area: waste management
Published: quarterly
Annual subscription rate:
\$ 25.00 /includes membership to

WOMEN AND ENVIRONMENTS

Subject area: Women's perspectives on
built and natural environments
Published: quarterly
Annual subscription rate: \$ 15.00

WORLD WATCH

Subject area: general environmental issues
Published: bi-monthly
Annual subscription rate: \$ 15.00 U.S.

Canadian Environmental Law Association
517 College Street, Suite 401
Toronto, Ontario M6G 4A2
(416)-960-2284

The Federation of Ontario
Naturalists
355 Lesmill Road
Don Mills, Ontario M3B 2W8
(416)-444-8419

The Red Maple Foundation
56 The Esplanade
Suite 406
Toronto, Ontario M5E 1A7

Utne Reader
Subscription Services
P.O. Box 1974
Marion, Ohio 43306-2074

Citizen's Clearinghouse on Waste
Management
R. R. #2 Cameron, Ontario K0M 1G0
(705)-887-1553

WEED Foundation
c/o C.U.C.S.
455 Spadina Ave
Toronto, Ontario M5S 2G8

World Watch
P.O. Box 6991
Syracuse, New York 13217-9942

V. Recommended Reading

General Books

Johnson, Lorraine. *Green Future: How to Make a World of Difference*, Penguin, Markham, 1990.

Lamb, Marjorie. *2 Minutes a Day for a Greener Planet*. Harper Collins, Toronto, 1990.

Pollution Probe Foundation. *The Canadian Green Consumer Guide*, McClelland & Stewart, Toronto, 1989.

The Harmony Foundation of Canada. *Home & Family Guide: Practical Action for the Environment*. The Harmony Foundation, Ottawa, 1989.

Ecofeminism

Davies, Katherine. "What is Ecofeminism?". *Women & Environments*, Spring 1988

d'Eaubonne, Francoise. *Feminism ou la mort*. P. Horay, Paris, 1974.

Diamond, Irene, Gloria Feman Orenstein. *Reweaving the World: The Emergence of Ecofeminism*. Sierra Club Books, San Fransisco, 1990.

Dodson Gray, Elizabeth. *Green Paradise Lost*. Roundtable Press, Massachusetts, 1979.

Merchant, Carolyn. *The Death of Nature: Women, Ecology, and the Scientific Revolution*. Harper & Row, San Francisco, 1980.

Plant, Judith. *Healing the Wounds: The Promise of Ecofeminism*, Between the Lines, Toronto, 1989

Caldercott, Leonie and Stephanie Leland, ed. *Reclaim the Earth: Women Speak out for Life on Earth*. London, Women's Press. 1983

Part One: Introduction: The Earth in Crisis

Carson, Rachel. *Silent Spring*. Houghton Mifflin, Boston, 1962.

Lovelock, J. E. Gaia: *A new look at life on Earth*. Oxford University Press, Oxford and New York, 1979.

Worldwatch Institute. *World Watch Papers (series)*. Worldwatch Institute, 1776 Massachusetts Ave N. W., Washington, D.C. 20036)

Part Two: Taking Control: Women and the Environment

Women's Directory Project. *Making a World of Difference: A Directory of Women in Canada Specializing in Global Issues*. University of Toronto Press, 1990.

World Commission on Environment and Development. *Our Common Future*. (The Brundtland Report) Oxford University Press, Oxford and New York, 1987.

Part Three: In the Workplace

Toronto Recycling Action Committee & Metro Toronto Works. *Your Office Paper Recycling Guide*.

Part Four: Health Issues

Bertell, Dr. Rosalie. *No Immediate Danger? Prognosis for a Radioactive Earth*. Women's Educational Press, Toronto, 1985.

Caufield, Catherine. *Multiple Exposures: Chronicles of the Radiation Age*. Stoddart Publishing Co. Limited, Toronto, 1989

Costello, A., B. Valley, and J. Young. *The Sanitary Protection Scandal*. 1989. Women's Environmental Network, 287 City Road, London, England, EC1V 1LA.

Pim, Linda. *The Invisible Additives (Environmental Contamination of Our Food)*. Doubleday, 1981.

Pim, Linda. *Additive Alert (A Guide to Food Additives for the Canadian Consumer)*. Third Edition, Doubleday, 1986.

Small, Bruce M. *Indoor Air Pollution and Housing Technology*, Canada Mortgage and Housing Corporation, 1983, (Distributed by Sunnyhill Research Centre, Goodwood, Ontario)

Witte Garland, Anne. *For Our Kids' Sake: How to Protect Your Child Against Pesticides in Food*. Natural Resources Defence Council, New York, 1989, (Distributed by Mothers and Others for Pesticide Limits, P.O. Box 96641, Washington, D.C. 20090.)

Part Five: At Home

Johnson, Ruth. *What to do till the Garbage Man Arrives*. Gage Publishing, 1980.

Lovins, Amory B. *Soft Energy Paths: Toward a Durable Peace*. Harper & Row, New York, 1979.

Maynes, Clifford. *The Nuclear Power Booklet* - Second Edition. Nuclear Awareness Project, Oshawa 1990.

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